

Stapedectomy / Ossicular Chain Reconstruction

When you wake up you will have your head tilted with your operated ear facing up. This is to minimise dizziness and usually lasts a few hours. Medications will have been given to prevent dizziness but it can sometimes occur and usually only lasts a short time. You will have a cotton wool ball in your ear and a bandaid over the ear canal opening. Most people will stay overnight after surgery but occasionally day-surgery is appropriate.

It is very important to keep the operated ear dry. Cotton wool with Vaseline on the outer side or a shower cap is recommended when bathing.

Pain relief may be needed for a few days after the surgery. If pain is not responding to the prescribed medications, please contact your surgeon. There will be some unsteadiness and giddiness for the first few days which is normal.

Do not try to pop your ears or blow your nose for the first three weeks of the healing period. If you sneeze, try to keep your mouth open.

Take the prescribed antibiotics by mouth for 5 days. Remove the cotton wool dressing the morning after surgery and use the antibiotic drops - 3 drops 3 times daily until reviewed by your surgeon.

Sick Leave

Most patients can return to work about two weeks after surgery, though lifting heavy objects should be avoided for three weeks.

Hearing improvement

Improvement may occur at the time of surgery, but hearing will subsequently be blocked due to swelling and blood in the middle ear. Improvement in hearing may be noticeable within three weeks of surgery. Maximum hearing is usually not obtained for a few months after surgery. At first the ear may be hypersensitive to loud sounds and hearing may be distorted, but this usually improves in a few months. In most patients, the ear heals well, and the hearing improves as expected. Sometimes the

hearing improvement is only partial or temporary. In some of these cases the ear may be re-operated on with a good chance of success.

Follow-up

Your first post operative visit should usually be arranged about 2 weeks after the operation. The rooms will usually have arranged this for you prior to surgery. A hearing test will generally be arranged about 3 months after the surgery.

When to contact your surgeon

if you have pain that is not responding to pain relievers or if you are experiencing ongoing severe dizziness, nausea or vomiting do not hesitate to contact your surgeon in the office during business hours or via the hospital after hours.